



PPD’s News to Live By

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Lessons Learned—Power Tools



Machine/tool guards

Continually check guards and safeties when working with equipment for proper functioning—before, during and after the job. In November, a Fermilab T&M contractor was using a toe-kick saw to complete some floor repairs. The guard on the saw became stopped up during the work and was not functioning properly when the saw kicked back during use. The blade contacted the contractor's leg resulting in a 2-inch laceration. He received 10 sutures to close the wound. The guard was working on the saw when work started. The HPI review revealed that the design of the guard and possibly the materials being cut contributed to the guard malfunction.



Loose clothing

A grim reminder of why you should never wear loose clothing (or have loose, long hair) around rotating parts—A worker in South Korea was killed while using a power wire brush. The neck muff he was wearing became entangled in the power wire brush, causing him to be strangled.

Fire Alarm Pull Stations



If you saw smoke or flames, would your first reaction be to pull the fire alarm?

You should always familiarize yourself with the locations of the nearest manual pull stations in areas where you work. In any case of fire (smoke or flames) where you don't hear a fire alarm, activate the nearest fire alarm pull station as you are evacuating the building. Once outside the building, someone must call extension 3131 to notify emergency services. This is usually your area emergency warden.

Scrapping or Surplusing equipment?

Please note that FESS Ops will no longer accept equipment (excluding refrigeration or light bulbs) for processing/removal of fluids prior to scrapping or surplusing. This includes items such as hoists, pumps, compressors, man-lifts, etc.

The Division/Section/Centers will now be responsible for ensuring all fluids are removed prior to contacting Business Services to move it. Contact PPD ES&H if you have questions regarding this policy.



Winter Driving Preparedness

Winter Car Maintenance:

- Check the battery, making sure the terminals are tight and clean.
- Check all fluid levels (coolant, oil, brake, power steering) levels.
- Have all belts and hoses checked for cracks or fraying.
- Fill your windshield washer fluid reservoir. Replace the wiper blades if needed.
- Check the air filter, replace if necessary.
- Have the exhaust system inspected for any leaks to prevent carbon monoxide exposure in a closed cabin.
- Activate all lights and signals to ensure they are functioning properly.
- Maintain proper tire pressure. For every 10 degrees Fahrenheit change in outside temperature, your tire's inflation pressure will change by about 1 psi (up with higher, down with lower temperatures). Check tire tread depth.
- Make sure your car has an emergency kit. See the recommended items for a Survival Kit at this [IDOT webpage](#).



Winter Driving Tips:

- Keep your gas tank at least half full.
- Clear all snow and ice from your car to have the best visibility.
- Slow down! The posted speed limits are for ideal road/weather conditions.
- Increase your following distance between vehicles.
- Double your anticipated stopping distance when braking whenever the roads are not dry.
- Do not assume that a 4-wheel drive vehicle will stop faster than a 2-wheel drive vehicle. 4-wheel drive does not offer any braking advantage.

AAA offers additional advice in their "[How to Go on Ice and Snow](#)"

Ladder Safety Basics



Use these ladder safety tips anytime, including when putting up or taking down holiday decorations:

- Always select the correct ladder for the job. Don't stand on chairs, desks or other furniture. Always place the ladder on a level and firm surface.
- Make sure the ladder can support your weight and the load you will be putting on it.
- Avoid setting your ladder up next to a doorway, but if you must, lock or barricade the door.
- Don't use a metal ladder near power lines or electrical equipment.
- When setting up a straight or extension ladder, ensure you have the proper angle— one foot away from the building/surface for every four feet of ladder height. Use this trick to get the appropriate angle—place your feet at the bottom of the ladder, and extend your arms straight out. Your hands should just touch the ladder (see photo on lower left).
- If using a straight/extension ladder, it should extend at least 3 feet over the roofline or working surface.
- Have a helper hold the bottom of the ladder steady.
- Always climb up or down facing the ladder and grip the rungs to climb, not the side rails. Keep three points of contact with the ladder—two hands and one foot or two feet and one hand.
- Keep your hips between the side rails and to not overreach. Instead, reposition the ladder to reach the area.
- Only one person on the ladder at a time.
- When using ladders outdoors, get down immediately if high winds, rain, snow or other severe weather begins.

You can find more helpful tips at the following sites:

- [Professional Orthopaedic Associates](#)
- [American Academy of Orthopaedic Surgeons](#)
- [Consumer Product Safety Commission](#)



Tree Recycling

Have a real tree left over from the holidays? Would you rather see it recycled than end up in a landfill? Most communities and counties offer curbside pick-up for recycling. They do require that all decorations be removed from the tree prior to setting it at the curb. See [DeKalb County](#), [DuPage County](#), [Kane County](#), [Will County](#), and [City of Chicago](#) websites for additional details.

The “Doh!” Photos of the Month



Submitted by Terry Tope

PPD December Injuries

12/9/2013—Contract employees were removing stainless steel sheet metal from the inside of the CDF detector bore. The sheet metal was adhered to the bore with an epoxy bead. The contract employees were using 2x4s to separate the glued sheet metal from the substrate. A contract employee decided to gram the sheet metal and attempt to peel it away from the substrate. As he started peeling the sheet metal, the metal suddenly snagged, causing his hand to slide against the sharp edge of the metal. The contract employees were wearing pigskin unlined leather gloves. The sheet metal cut through the glove on his right hand causing a 1.5 inch laceration that required 8 sutures. The contract employee has restrictions, making this a DART case. **Management has since enacted a work process control program that ensures a job walk down/review and evaluation is conducted prior to work authorization.**

12/27/2013—A Fermi employee and a contract employee were installing insulation batting and aluminum sheets over the exterior MINOS Service Building windows on the west side. It was a windy day, and a small piece of the insulation broke off and blew into the contract employee's open mouth. He inhaled it and began coughing and choking. He continued to cough until he was able to catch his breath. First aid only. **PPD ES&H should be contacted to review all work involving insulation to evaluate the need for respirators. Job walk-downs are necessary to identify any potential hazards.**